

Test of REGUL-OS Subset 3 (Backup)

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:15		Daily planning conference (<i>S-band</i>)
08:15–08:45	CDR, FE-1	Ku-band config for video downlink of Progress/Soyuz dock/undock & EVA
08:45–09:00	FE-1	Daily payload status check
08:45–09:00	FE-2	Regeneration of ? 1 absorbent bed in ? ? ? (start)
08:45–09:25	CDR	Maintenance of ? ? ?
09:00–10:00	FE-2	Physical exercise (TVIS-3)
09:00–10:30	FE-1	Physical exercise (RED)
09:25–10:05	CDR	IMS file prep
10:00–10:40	FE-2	EVARM onboard CBT
10:05–11:35	CDR	Physical exercise (???? +RED day 3)
10:30–11:30	FE-1	Physical exercise (TVIS)
10:40–10:50		EVARM: badge activation
11:05–11:20	FE-2	EVARM: background read
11:20–11:50		EVARM: data transfer and stowage
11:30–11:45	FE-1	ADVASC: review of nutrient exchange procedure
11:50–12:50		LUNCH
12:50–13:20	CDR, FE-1	Ku-band video downlink test (TV prep for dock/undock transmission)
12:55–13:05	FE-2	HRF Rack powerup
13:05–14:05		ISS crew orientation
13:20–14:05	FE-1	ADVASC: nutrient exchange
13:20–14:20	CDR	ISS crew orientation
14:05–15:05	FE-1	
14:05–14:15	FE-2	HRF Rack powerdown
14:15–15:45		Physical exercise (???? +RED day 3)
14:20–15:20	CDR	Physical exercise (TVIS-3)
15:05–15:45	FE-1	Transfer of TVIS/RED/CVIS files to MEC
15:45–16:15		Daily plan review
16:15–16:30		Daily planning conference (<i>S-band</i>)
16:30–16:45		Conference with Charlie Precourt
16:45–17:15		DINNER
17:15–17:40		Daily food prep
17:40–18:30		Pre-sleep
18:30–03:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram